

CANE-JITSU

BY GRANDMASTER TED GAMBORDELLA





**MARTIAL ARTS
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Cane-jitsu

By

Grandmaster Dr. Ted Gambordella

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Cane-jitsu

The Cane.

The Cane is probably the best all around martial arts weapon you can carry for several reasons.

1. It is very powerful
2. It is legal to carry anywhere
3. It is easy to use
4. It is hard to block
5. It is effective against any other weapon, except the gun
6. It can be used by young and old, men and women
7. It does not require a lot of strength or speed or coordination
8. It looks good



For these and other reasons I really really like the Cane. And so I wrote this book to teach the basic moves and techniques of Cane-Jitsu. The art of using a Cane for self defense. You will learn all your basic moves. Blocks, strikes, holds, chokes, counters and defenses. It is all you need to know to use a Cane for self defense in almost all situations.

A Cane can be legally carried almost anywhere, especially if you limp. But it probably can not be carried Everywhere, so be sure to check your local law enforcement rules before you carry it to a ballpark, school, or church, etc. Also do not carry the Cane for self defense if you can't do some or all of the moves shown in this book. It is not a good idea to have a weapon on you that some punk can easily take away and use on you. If you are going to carry a Cane of self defense. Learn THESE TECHNIQUES and practice at home or at a school until you are proficient in their use.

You do not have to be a Black Belt or even attend a Karate school to learn to do the techniques found in this book for the Cane. Just follow the photos and do the moves slowly and easily until you have a through understanding of what you are trying to do with each move. None of the moves require great strength or superior coordination, so anyone can do them. A word of caution "Do not hit you partner too hard". The Cane Hurts Because It Works.

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Here you block an overhead strike by lifting the cane up and using two hands to stop the strike. Then slide the cane over to the left hand and use the end to hook the wrist to clean the arm. Then turn the cane and reach up and grab the back of the neck to lock his head.



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Now come across the side of his jaw with your right elbow and then continuing to hold his head with the cane bring up a knee to finish him.



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Here you block his left strike by striking down on his arm and continuing your downward press to lock his wrist.



Now you do a forward wrist lock against the hook of the cane and then roll his arm and wrist over the cane to break it.



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Here you start by blocking his left strikes with a double arm block with the cane, and then you immediately flip the cane over into his face. Follow that with a strike to this knee to bend him over then up to smash the cane against the side of his head.



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Now follow that with another flip of the cane into the side of his jaw and then pull back and thrust the cane directly into his stomach then into his ribs, and then flip the cane around and grab the back of his leg throwing him to the ground.



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Pull up and out on his leg forcing him to the ground and then finish him by striking his groin with the heel of the cane.



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Here you block
down and hook his
wrist with the cane,
then flip the other
end into his groin,
and then up into his
face.



Now slide the
hook of the
cane over his
neck to hold his
head for a finish
with a front
snap kick.



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Here we strike him directly in the stomach with the butt of the cane before he can strike us, and then up to the side of the neck. Follow that by hooking the back of his head pulling him over where you can finish him with a knee to the face.



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Here we hook his striking hand and then step in to smash his ribs. Now hold on to his right elbow and bring the cane up to grab his leg.



Hook his leg near the ankle, pull it out and snap a front kick into his groin for the finish.



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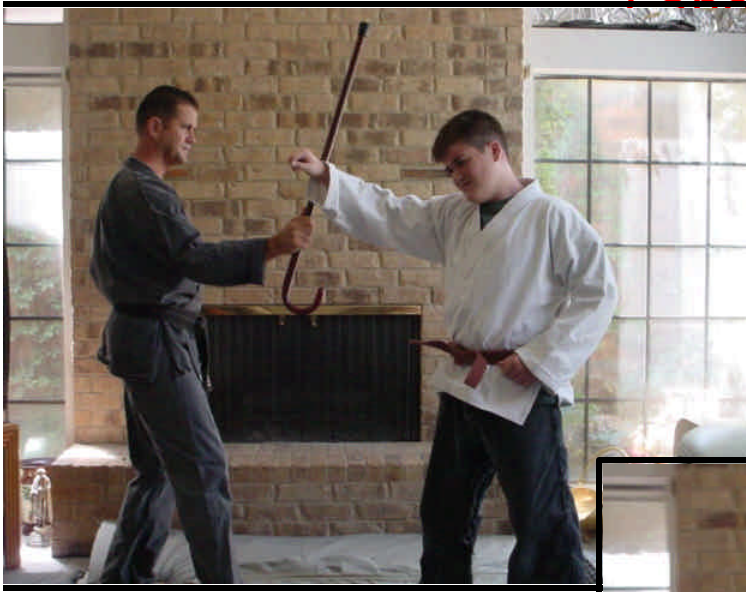
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Here we block his punch by striking his arm, then reaching out to grab his wrist for control. Now drop the cane under his arm and step around his back



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Now continue around his back and lock the cane up around his neck, keeping the arm straight to lock it. Now drop to your knee and reach up and grab the end of the cane and throw him to the ground where you finish him with a strike to the face.



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Strike him in the stomach and then flip the cane up to the side of his head, and immediately across the jaw with the other end of the cane.



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Now smash the heel of the cane directly into his face and teeth. You can finish him by knocking his teeth out, and you can also hook the side of his mouth.



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Here you block down and strike his arm with the cane, continue to hold his wrist and bring the cane up and smash against his neck



Finish by coming across his neck with the hook of the cane and crush his throat.



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Here you jab his ribs and grab his wrist to control his arm, Bring the cane up and around his head to lock it against his neck.



Now continue to hold his arm and press against his neck to choke him, or throw him to the ground for a finish.

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Here you step outside and use a double block to his right arm, then slide the hook of the cane over his wrist and around his neck, locking his neck and throwing him to the ground where you finish him with a stomp the face.



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Here you step outside and jab the end of the cane into his stomach and then flip the cane over and hook his groin



Now keep the groin hooked and step up and smash his jaw with your palm heel.

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Here we block the right and drop to the knee and hook the back of the leg and pull it up to throw him to the ground.



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Here you use two hands to block a low roundhouse kick. No immediately flip the end of the stick into his groin and then follow up with a double overhead smash to the back of his neck.



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Block his side kick with the hook of the cane and then wrap the cane under his leg, Making sure to lock the hook inside of his leg. Now you can slide the cane down the leg and lock the hook into the ankle and turn him over and break the leg, throwing him to the ground.



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Block his front kick with two hand and then flip the cane into his stomach and then up and over his head coming down to hold the neck.



Pull his head down with the cane and force him to the ground where you roll the cane around his neck, step on his back and choke him out.



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Here you block the back kick by jabbing him in the kidneys and then sliding the hook of the cane down into his groin and finish him



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Here we stop the front choke by jabbing him in the stomach and then up into the throat, now take the cane and put it between his arms and twist the cane up and over to lock his arms and force him to the ground.



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Here we stop the choke by striking the heel of the cane into his stomach and then up to grab the back of his neck to hold him, where we finish him with a knee to the face.



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Here we stop a wrist grab by striking the back of his hand with the cane and the striking down into his elbow area, and turning the arm over. This will lock the cane around his arm and up behind his head where you can finish him by breaking his arm or throwing him to the ground.



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Here we stop a wrist grab by striking the middle of his arm and sliding the hook of the cane down and locking his ankle. Now we turn around and into him to the front, where we can break his arm and throw him to the ground. Notice the cane is holding the wrist for the throw.



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Here we are held by both hands on the cane, preventing us from lifting it. So we snap a front kick into the groin and then step to the side and strike him on the back of the neck knocking him to the ground where we can finish by smashing the cane into his head.



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Here we are held by the lapel and we strike him in the ribs before he can hit us. And then flipping the cane up we hook around his neck and pull him over where we finish him with a neck break and a smash into the floating ribs.



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Here you are held in a headlock. Strike the cane into his groin. This will loosen his grip and then you come up and strike the cane against his neck and finish him.



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Here we are held from behind in a bear hug. Strike the back of his hands to loosen his grips, and then hook the cane under his hand to break them free. Turn into him and lock his neck and finish him by pulling up on his leg and keeping the pressure on his neck forcing surrender.



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Here you are held from behind. Strike down into his foot to loosen his grip and the spread you legs and strike into his groin, hooking the cane in his groin.



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Turn to the side and reach back to grab his leg and lift it off the ground to throw him down and finish him with a smash of the cane into his groin.



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Here you are being choked.
Strike the cane into his arms and
lock the hook under this right
arm and then you can turn him
off of you and throw him to the
ground to finish him.



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Here you are held on the ground, strike the cane into his stomach and then up to hook around his neck and inside his arm.



Flip him over and finish him by striking his throat and then down with both hands to choke him out.



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Here are some chokes with the cane from the top. You can press the cane directly into his nose area, or his throat area



You can also strike the point into his teeth.

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Here is a great choke and hold down from the top. Hold his arms and straighten them out behind his head. Locking the cane under his neck. He will not be able to move. Now lock the hook under his neck and step over him and hold the neck and keep the foot on his chest for power control.



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I do not like to choke from behind pulling with both hands. This gives the man too much cane to grab and not enough pressure for you. Here you see one arm wrapped around the cane and behind the head to do the choke.



Here is the best back choke. Place the cane in front of the throat and cross one arm behind the neck. And then cross the other arm, making an x behind the neck and then you can lean in and pull back on the cane to do an Unstoppable Choke.



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Here we take the hook of the cane and pull it against the side of his neck and then reach up with our hand to hold his neck and pull back to choke him out.



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Here we lock the cane across his neck and lock one arm up behind his head for control. We finish by locking the hook of the cane over his arm and pulling back to choke him out.



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Here we step outside and lock the hook of the cane over the neck and under the arm. You can break his neck and arm by pulling up on the cane and the arm.



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Here we lock the cane behind the head and then reach up and lock the hook under the arm and behind the neck. We lean into the face and throat to break his neck.



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Here we are sitting on a bench (or in a chair). Strike the man on the knee to weaken him and then flip the cane up around his neck and throw him to the ground. Keep the hook of the cane around his neck for control and then choke him out by pushing your foot into his throat.



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Here we strike the heel of the cane into this stomach and then up to the back of his head knocking him to the ground. There we wrap the hook around his neck and then choke him out by putting your foot against his neck and pulling up hard on the cane.



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Here we strike the heel of the cane into the groin and then lift up to hook the groin. Now you can place your foot into his body and pull his gi top to cause him to surrender.



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ere you jab the heel
of the cane into the
omach, while you
ontrol his arm by
rabbing his wrist
ea. Then you lock
e heel up into his
eck area and bend
s arm to drop him
the ground.



There you
snap a kick
into his ribs
and then bring
the leg up and
against his
face while
pulling on the
cane for a
finish.



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Block his kick
with both hands
then control the
leg and hook
the cane around
his back leg
throwing him
down.



There you can
finish him by
striking the
cane hard into
his groin.



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You can keep him in submission by wrapping the cane around his neck and then stomping his back,

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Here you can control the man by hooking the cane under his elbow and holding his wrist. You can also lock the wrist for more pain for better control.



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Here you can control him by locking the cane between his two arms. He will not be able to free himself. You can break his arms by leaning to either side.



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Here you lock the hook of the cane around the arm and pull the arm across the back. Drop to your knee and continue to pull up on the arm. Now reach over and lock the wrist.



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Continue to lock the wrist and pull up with the cane. You can easily hold him down by keeping the cane hooked and placing the knee on the back. You can even stand up and keep the lock.



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Here you are about to be grabbed from behind. You strike back hard in the stomach and then turn and hook the back with the cane. Then you can finish him with a hard knee to his jaw while you hold his head with the cane.



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Here is a good arm lock and a throw. Hold the wrist of the left arm and lock the hook of the cane around the head. Drop to your knee and throw him by holding the arm and pulling down on the head.



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Here we are hold from behind in a choke. Reach back and smash the hook of the cane into his face, and then slide the hook over his neck, hold his head with the other hand and flip him over to finish.



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You can do a lot of damage with the cane besides neck chokes. You can press the cane directly under the nose and into the mouth.

You can hold the head and pull the cane into the eyes.



You can hold the head and pull the hook of the cane across the side of the neck. **All these moves are very painful and dangerous, be careful when practicing.**

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I am including some techniques for children because the cane is so effective as a defensive weapons even children can use it.

Here she strikes the end of the cane directly into the stomach and then up with the hook around the neck.



She pulls him over to the ground and finishes him with a strike to the back of the neck.

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Here she is being choked. She strikes the cane directly into the groin and then up into the throat. Now she wraps the hook around the head pulling him over for a knee strike to the face to finish him.



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Here she is being held by the wrist. She strikes the back of the hand, he will let go, then she immediately jabs him in the stomach.



Now she follows with a hook to the head pulling him over to finish him with a knee to the nose.



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Here she is held from behind. She drives the cane back into his stomach, then steps out and smashes in on the back to knock him down and escape.



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Here she blocks a high strike with both hands and snaps a front kick into the groin. Now she follows with a hard jab into the stomach and then up into the teeth or throat for a finish.



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Here she blocks a front kick with both hands and then flips the cane into the side of the head, and then turns it over and hooks the head to pull him down.



She pulls him to the ground and finishes him by stepping on his back while pulling up on the cane around his



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